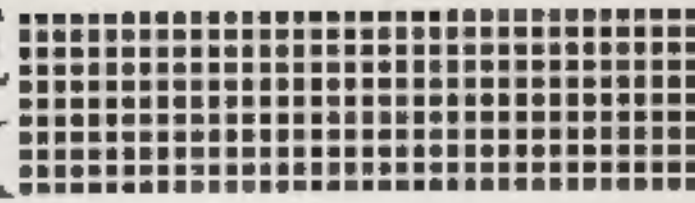
MICROWAVE COOKBOOK



daytron

Model DMR-603

Precautions To Avoid Possible Exposure To Excessive Microwave Energy

(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy.
It is important not to defeat or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do not operate the oven if it is damaged.
It is particularly important that the oven door close properly and that there is no damage to the:
(1) door (bent)
(2) hinges and latches (broken or loosened)
(3) door seals and sealing surfaces.

(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

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THE PRINCIPLES OF MICROWAVE COOKING

Microwaves are a form of high frequency radio waves similar to those used by a radio including AM, FM and CB. They are, however, much shorter than radio waves; approximately four to six inches long with a diameter of about one-fourth inch. Electricity is converted into microwave energy by the magnetron tube.
From the magnetron tube, microwave energy is transmitted to the oven cavity where it is: reflected, transmitted and absorbed.

Reflection

Microwaves are reflected by metal just as a ball is bounced off a wall. A combination of stationary (interior walls) and rotating metal (turntable or stirrer fan) helps assure that the microwaves are well distributed within the oven cavity to produce oven cooking.

Transmission

Microwaves pass through some materials such as paper, glass and plastic much like sunlight shining through a window.
Because these substances do not absorb or reflect the microwave energy, they are ideal materials for microwave oven cooking containers.

Absorption

During cooking, microwaves will be absorbed by food. They penetrate to a depth of about ¾ to 1½ inches.
Microwave energy excites the molecules in the food (especially water, fat and sugar molecules), and causes them to vibrate at a rate of 2,450,000,000 times per second. This vibration causes friction, and heat is produced. If you vigorously rub your hands together, you will feel heat produced by friction. The internal cooking of larger foods is done by conduction.
The heat which is produced by friction is conducted to the center of the food.
Foods also continue to cook by conduction during standing time.
Because microwaves dissipate, much like sunlight as it reaches the Earth's surface they cannot be stored in food.

MICROWAVE UTENSILS

Glass, Ceramic and China

Ovenproof glass or glass ceramic baking dishes are the most-used microwave utensils. Many of these items are readily available in most home: glass measures, custard cups, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes.

Dinnerware can be used for microwave cooking. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven.

Jars and bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended cooking times, heat from food would cause cracking or breaking.

Do not use dishes with silver, gold, platinum or other metal trim. Arcing may occur and/or the dish may break.

Do not use delicate glassware. Although the glassware may be transparent to microwave energy, the heat from the food may cause the glassware to crack.

Plastics

Plastic dishes, picnic ware, thermal cups, mugs and bowls may be used in the oven for short periods of time. And plastic baby bottles are safe for heating milk or formula. But none of these should be used in the oven for prolonged periods because distortion and melting may occur. Check manufacturer's recommendations concerning microwave safety.

Plastic wrap can be used to cover dishes in most recipes. Use plastic wrap as a light covering, but pierce it before removing to prevent steam burns.

Plastic cooking bags should be slit before cooking so excess steam can escape. Do not use wire twist-tie to close bag. They can act as an antenna and cause arcing (blue sparks). Wire twist-ties could damage the oven.

Paper

Paper cups, wax paper, napkins, paper towels, plates and paper cartons may be used for cooking. Prolonged time in the oven can cause paper to burn. Wax paper is suitable to use to prevent spatter.

Do not use recycled paper products, such as brown paper bags, since they contain impurities which may cause arcing and damage the oven.

Straw, Wicker and Wood

Straw and wicker baskets may be used in the oven for the very short time it takes to heat rolls. Large wooden utensils, such as bowls or cutting boards should not be used for prolonged cooking as the microwave energy may cause the wood to become dry and brittle. However, wooden spoons or wood-handled rubber spatulas can be left in the oven for short time.

Metal

Metal utensils should not be used in the oven. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also the possibility of "arcing".
Arcing may cause damage to the oven walls.

Aluminum foil can be used for shielding portions of whole poultry or roasts which are cooking too quickly.

Metal skewers are usable when the proportion of food is much greater than metal (a well filled kabob). Take care in the placement of the skewers to avoid arcing between the skewers or between the skewers and the sides of the oven. If arcing occurs, rearrange or remove the skewers.

FOOD CHARACTERISTICS

The speed and evenness of microwave cooking is affected by the foods themselves. Microwaves penetrate foods to a depth of ¾ to 1 ½ inches on all surfaces: top, bottom and sides. The interior of foods greater than 2 inches in diameter heats by conduction, as it does in conventional cooking. Foods with high water, fat or sugar content respond quickly to microwave energy. Understanding the way food characteristics influence cooking will help you enjoy the benefits of microwaving.

Quantity: The amount of food placed in a microwave oven has a direct effect on the cooking time. Small amounts of food or liquid require less cooking time than larger amounts of the same substance. That's because small quantities receive concentrated amounts of microwaves. As quantity increases, concentration decreases.

Size: Small pieces cook faster than large ones. To speed cooking, cut pieces smaller than 2 inches, so microwaves can penetrate to the center from all sides. Pieces which are similar in size and shape cook more evenly.

Shape: Many foods are uneven-like a chicken, ribs or broccoli. The thin parts will cook faster than the thick parts while uniformly thick foods cook evenly.
To compensate for irregular shapes, place thin pieces toward the center of the dish and thicker pieces toward the edge of the dish.
Round shaped foods cook faster than square or oblong shapes.

Starting Temperature: Frozen or refrigerated food takes longer to cook than food at room temperature. Remember too, that room temperatures vary with the time of year and that cooking times may be longer on cold winter days.

Bone and Fat: Because bones conduct heat, the side of meat the bone is on will cook first, while boneless cuts cook slower but more evenly. Fat attracts microwaves.
Large roasts, turkeys and chickens brown during prolonged cooking as their natural fats are drawn to the surface. The centers of these foods are cooked by heat conduction.

Moisture Content: Microwaves are attracted by moisture. Naturally moist foods microwave better than dry ones. Add a minimum of liquid to moist foods, as excess water slows cooking. Prick foods with skins like those on potatoes or squash, so internal steam can escape.

Density: The density of food determines how easily the microwave can penetrate and how quickly it will cook. Porous foods, like ground beef or mashed potatoes, microwave faster than dense ones like steak or whole potatoes.

Piercing: Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

MICROWAVE TECHNIQUES

Many of the techniques of microwaving are similar to those used in conventional cooking. They help equalize energy in the food so that it cooks evenly. Some techniques also shorten cooking time, so you get the full benefit of microwave speed.

Stirring: Stir foods from outside to center of dish once or twice during cooking to equalize heat and speed microwaving. Foods will not scorch or stick, so there's no need to stir constantly as you do in conventional cooking.

Turning: This helps food heat evenly and in microwaving is done once during the cooking time of large, dense foods such as roasts or whole poultry. When cooking hamburgers without a cover, turning is often needed.

Arrangement: Arrange foods with thin or delicate ends, like drumsticks or asparagus spears, with the thick or tougher portions to the outside of the dish. The parts which need more cooking will receive more energy, so food will microwave evenly.

Spacing: Individual foods, such as baked potatoes and cupcakes will cook more evenly if placed in the oven equal distance apart. When possible, arrange foods in a circular pattern. Similarly, when placing foods in a baking dish, arrange around the outside of dish, not lined up next to each other. Food should not be stacked on top of each other.

Rearrangement: Rearrange overlapping areas, like tails of long fish fillets, from top to bottom, and closely packed pieces, like meat balls, from the outside to the center of the dish.

Shielding: Small pieces of aluminum foil can be used to shield or reflect microwaves away from the food.
Shielding is done to slow down the cooking process in areas of food that appear dry or seem to be cooking too quickly. Foil can be placed over small areas when the food goes into the oven, then removed half way through; or as the food cooks, areas which are cooking faster can be covered and protected from further cooking.

Standing Time: Standing time is especially important in microwave cooking. Microwave energy creates heat in the outer layers of the food. As a result of normal conduction, the food continues to cook for a few minutes after removal from the oven. Letting roasts, large whole vegetables, casseroles and cakes stand to finish cooking allows the centers to cook completely without overcooking, drying or toughening the outsides.

Covering: Covering speeds cooking time, retains moisture, tenderizes, insures even cooking and prevents spattering. Casserole lids or plastic wrap are used for a tighter seal. Vent plastic by turning back one edge at the side of dish to form a narrow slot where excess steam can escape. Various degrees of moisture retention are also obtained by using wax paper or paper towels.

Browning: Microwave energy cooks some foods so quickly that the fats and sugars within the food do not have time to caramelize and give a "browned" appearance. Browning agents do not affect the quality of microwaved foods, but can add color and flavor. For meats and poultry, use bouquet sauce diluted with water or melted butter; soy, Worcestershire, barbecue or steak sauce; a sprinkling of paprika or dry gravy mix; jelly glaze or crumb coating. Frostings and toppings finish cakes and breads. Top casseroles at the end of microwaving with grated cheese or crumbs.

DEFROSTING FROZEN FOODS

Defrosting frozen foods is one of the benefits of having a microwave oven. Defrosting foods, especially meats, with the microwave oven is not only faster than any other method, it can also give better results.

Once frozen meat is thawed, it begins to lose its juices. With a microwave oven, you can thaw meat just before you plan to cook it, for highest juiciness and quality.

The times are approximate because freezer temperatures vary.

To receive the best results, follow special techniques for defrosting. Remember when defrosting to allow for a standing time to evenly thaw food. If the item is not totally thawed after standing time, place it back in the microwave oven for a few additional minutes.

Unwrap food, place in dish, or arrange properly on dish so microwaves can reach all sides. And halfway through defrosting time, stir, turn over or redistribute food. Breaking up the pieces of chicken, fish and meat when they are partially thawed will help. Any pieces which are already thawed should be removed. Shield any areas which may show signs of starting to cook—thin ends of roasts or poultry legs and wings—with foil.

Appetizers

Caramel Popcorn Balls

2 balls

1 pkg. (14 oz.) caramels
3 teaspoons water
1 tablespoon butter or margarine
2½ to 3 quarts popped popcorn, salted

1. Comebine caramels, water and butter in 1-quart casserole.
2. Cook at **High** for 3 to 4 minutes, or until melted. Stir halfway through heating.
3. Pour over popcorn, tossing lightly to coat evenly. Grease or moisten hands, and form mixture into balls.

My cooking time:

Toasted Butter Pecans

4 cups

1 lb. pecan halves (about 4 cups)
1 tablespoon seasoned salt
¼ cup butter

1. Place pecan halves in 1½-quart casserole. Sprinkle with seasoned salt.
2. Cut butter into 4 pieces and arrange evenly over top.
3. Cook at **High** for 5 to 6 minutes. Mix to evenly distribute butter. Serve warm or cold.

My cooking time:

Cocktail Wieners

6 to 8 servings

¼ cup minced onion
2 teaspoons butter
¼ cup water
½ cup catsup
1 tablespoon vinegar
½ teaspoon Worcestershire sauce
2 tablespoons brown sugar
½ teaspoon salt
½ teaspoon dry mustard
½ teaspoon paprika
2 to 3 dozen cocktail wieners

1. Combine onion and butter in a 1 to 1½-quart casserole.
2. Cook covered, at **High** for 3 to 4 minutes, or until onion is soft.
3. Add ¼ cup water and stir in remaining ingredients except cocktail wieners.
4. Cook, covered, at **High** for 4 to 5 minutes, or until sauce is bubbly.
5. Stir in cocktail wieners. Cook, covered, at **High** for about 4 minutes, or until wieners are hot.
6. Let stand, covered, for 2 minutes. Serve warm; use toothpicks to spear individual wieners.

My cooking time:

Polynesian Meatballs

30 meatballs

1 lb. lean ground beef
1 medium onion, diced
½ teaspoon ground ginger
½ cup bread crumbs
1 egg, slightly beaten
2 cans (10½ oz. each) condensed tomato soup
½ cup packed brown sugar
1 can (20 oz.) pineapple chunks, well drained
1 teaspoon salt

1. Mix together ground beef, half of diced onion, ground ginger, bread crumbs and slightly beaten egg.
2. Shape into walnut size meatballs.
3. Place meatballs in 3-quart glass casserole. Cover, partially cook at **Med-High** for 5 minutes.
4. In large mixing bowl, mix together condensed tomato soup, brown sugar, remaining onion and pineapple chunks and add to partially cooked meatballs.
5. Stir well, being careful not to break up meatballs.
6. Cover, cook at **Med-High** for 15 minutes, stirring once during cooking.

My cooking time:

Soups & Stews

Cream of Mushroom Soup

6 servings

2 cups chopped fresh mushrooms
½ teaspoon onion powder
¼ teaspoon garlic powder
⅛ teaspoon white pepper
½ teaspoon salt
2½ cups chicken broth
1 cup heavy cream

1. Combine mushrooms, seasoning and broth in a 2-quart casserole.
2. Cook at **High** for 5 to 6 minutes, stirring once during cooking.
3. Stir in cream.
4. Cook at **Med · High** for 4 minutes, or until piping hot.

My cooking time:

French Onion Soup

4 servings

2 medium onions, thinly sliced
2 tablespoons butter or margarine
2 cans (14 oz.) beef broth
½ cup water
1 teaspoon Worcestershire sauce
4 slices toasted French bread
Grated Parmesan cheese
4 slices Mozzarella cheese, halved or shredded

1. Place onion and butter in 3-quart casserole. Cook at **High** for 7 to 9 minutes, or until onion is tender.
2. Add beef broth, water and Worcestershire sauce.
   Cook, covered, at **High** for 5 to 7 minutes, or until mixture boils.
3. Place French bread on paper towels. Sprinkle with Parmesan cheese. Top with Mozzarella cheese. Heat at **High** for 1 minute, or until cheese is softened.
4. Place one slice of bread in each serving bowl. Pour soup over bread.

My cooking time:

Flounder Stew

4 to 6 servings

1 cup coarsely chopped onion
1 cup celery, sliced in ½-inch pieces
1 cup carrots, sliced in ½-inch pieces
2 medium potatoes, pared and diced
½ cup water
1 can (1 lb.) tomatoes
1 lb. flounder fillets, cut in bite-size pieces
1 teaspoon salt
½ teaspoon thyme
1 tablespoon parsley flakes
Dash pepper

1. Combine onion, celery, carrots, potatoes and water in 3-quart casserole.
2. Cook, covered, at **High** for 8 to 10 minutes, or until vegetables are tender.
3. Add remaining ingredients.
4. Cook, covered, at **High** for 5 to 6 minutes, or until fish flakes easily with fork.

My cooking time:

Creamy Corn Chowder

4 servings

3 tablespoons butter or margarine
¼ cup finely chopped celery or green pepper
3 tablespoons flour
1 teaspoon dried chives or dried onion flakes
½ teaspoon salt
⅛ teaspoon pepper
2 cups milk
1 can (17 oz.) cream-style corn

1. Combine butter and celery in 2-quart casserole dish.
2. Cook at **Med · High** for 2 to 2½ minutes; stir in flour, chives, salt and pepper.
3. Gradually add milk, stir until smooth.
4. Stir in corn.
   Cook at **Med · High** for 11 to 13 minutes, or until soup is slightly thickened; stir twice.
5. Let stand, covered, 3 minutes before serving.

My cooking time:

Meats

Onion Steak

4 servings

¼ cup all-purpose flour
1 teaspoon salt
⅛ teaspoon pepper
1½ to 2 lbs. round steak
½ pkg. (1⅛ oz.) onion soup mix

Combine flour, salt and pepper. Place steak on a board and pound half of the flour mixture into each side of steak with the back of a heavy knife.
2. Cut meat in pieces and place in an 8-inch baking dish. Sprinkle any remaining flour over top of meat.
3. Combine onion soup mix with 1 cup water. Pour over top of meat.
4. Cook, covered, at **High** for about 30 minutes, or until meat is tender. Stir and rearrange meat in sauce several times during cooking.

My cooking time

Stuffed Peppers

4 servings

4 medium green peppers
3 cups boiling water
1 cup finely diced cooked roast beef
1 can (7½ to 8 oz.) tomato sauce
1 cup cooked rice
¼ cup finely chopped celery
1 tablespoon instant minced onion
½ teaspoon seasoned salt

1. Cut off tops of each pepper. Remove seed and inner membrane from each.
2. Place peppers in water. Cook at **High** for 4 to 5 minutes, or until partially cooked. Drain.
3. Combine remaining ingredients and fill peppers. Place peppers in 9 x 2 inch round dish.
4. Cook at **High** for 6 to 7 minutes, or until filling is heated through.

Note: Peppers may be prepared a head and refrigerated. Increase cooking time slightly if peppers are of refrigerator temperature.

My cooking time

Sloppy Joes

6 to 8 sandwiches

1½ lbs. ground beef
⅔ cup finely chopped onion
½ cup diced celery
¼ cup diced green pepper
½ cup catsup
1 tablespoon Worcestershire sauce
½ teaspoon salt
⅛ teaspoon pepper

1. In 1½-quart casserole crumble beef. Add onion, celery and green pepper.
2. Cover, cook at **High** for 6 minutes, stirring after 2 minutes. Drain meat well.
3. To cooked meat mixture, add catsup, Worcestershire sauce, salt and pepper.
4. Cover, cook at **High** for 4 to 5 minutes, stirring after 3 minutes, until hot.
5. To serve, spoon onto buns or crusty French rolls.

Note:
Sloppy Joes With Cheese: Add 1 cup (4 oz.) shredded Cheddar cheese to meat mixture along with catsup.
Sloppy Joes With Beans: Add 1 can (16 oz.) pork and beans to meat mixture along with catsup.

My cooking time

Veal Elegante

3 to 4 servings

1 lb. boneless veal, cut in cubes
½ cup minced onions
1 fresh tomato, peeled and cubed
½ cup dry white wine
Salt and pepper to taste

1. Combine veal, onion, tomatoes, wine and salt and pepper to taste in a 1½-quart casserole.
2. Cook, covered, at **High** for 35 to 40 minutes, or until veal is tender. Stir several times during cooking; if sauce becomes dry, add a little more white wine or water.
3. Let stand 3 to 4 minutes. Serve over hot cooked rice or cooked buttered noodles.

My cooking time

Meats

Barbecued Spareribs

4 servings

2 tablespoons cooking oil
½ cup minced onions
2 cans (8 oz. each) tomato sauce
2 tablespoons lemon juice
2 tablespoons brown sugar
1 tablespoon white sugar
2 teaspoons Worcestershire sauce
1 teaspoon prepared mustard
1 teaspoon salt
⅛ teaspoon black pepper
1½ lbs. spareribs

1 Put oil and onion in a 1-quart casserole. Cook, covered, at **High** for 2½ minutes.
2 Add 2 tablespoons of water and remaining ingredients, except spareribs.
Cover and cook at High for 6 minutes.
Cover and let stand.
3 Cut ribs apart between bones and place in a 3-quart casserole. Cook, covered, at **Med High** for 15 minutes.
4 Pour off fat and juices.
Cover ribs with ½ cup of the barbecue sauce mixture.
Cook at **Med High** for 7 minutes.
5 Turn ribs over and cook again for 2 minutes.
Stir sauce and cook again at **Med High** for 10 minutes, stirring after 7 minutes.
Let stand a few minutes before serving.

Note This recipe makes about 2½ cups sauce. Save remainder for other ribs or use on chicken or barbecued steak.

My cooking time

Pork Chops with Apricots

4 servings

4 center-cut pork chops, about 1½ lbs.
2 tablespoons brown sugar
½ teaspoon oregano
Salt and pepper to taste
1 can (8¾ oz.) apricot halves

1 Trim all fat from pork chops.
Place chops in a baking dish.
2 Sprinkle brown sugar, oregano, salt and pepper on each chop. Pour half of the liquid from the apricots over chops.
3 Cook, covered, at **High** for 10 minutes, turn chops over and spoon liquid over chops. Cook for 10 minutes more.
4 Remove from oven. Turn chops over. Spoon some of liquid from bottom of dish over chops.
Cover chops with apricots.
5 Cook, covered, at **High** for 5 minutes, or until pork is tender.
Let stand 5 minutes before serving.

My cooking time

Tavern Franks

4 to 5 servings

1 lb. franks (8 to 10)
1 small onion, thinly sliced
1 can (12 oz.) beer (1½ cups)

1 Place franks in 2-quart casserole.
2 Separate onion into rings and distribute over franks.
3 Pour beer over all.
4 Cook, covered, at **High** for 7 to 8 minutes, redistributing franks so bottom ones are on top after 4 minutes.

My cooking time

Baked Ham Steak

2 servings

1 pre-cooked ham steak, about 1 lb.
2 teaspoons brown sugar
½ teaspoon prepared mustard

1 Put ham steak in a baking dish.
2 Cook, covered with plastic wrap, at **High** for 9 minutes.
3 Remove from oven and drain off juices. Mix juices with brown sugar and mustard. Spread over top of steak.
4 Cook at **High** for 3 to 4 minutes.
Cover loosely and let stand 2 or 3 minutes before serving.

My cooking time

Poultry

Orange Chicken

4 servings

2½ to 3 lbs. frying chicken, cut in serving size pieces
1 cup orange juice
½ cup chili sauce
1 tablespoon brown sugar
1 tablespoon soy sauce
1 teaspoon prepared mustard
¼ teaspoon liquid garlic juice
2 tablespoons cornstarch

1. Place chicken in glass casserole. Combine remaining ingredients except cornstarch and pour over chicken
2. Cover with plastic wrap. Cook at **High** for 1 hour
3. Remove chicken from liquid
4. Combine cornstarch with enough liquid to make a paste.
5. Mix into sauce and cook at **High** for 3 minutes, or until thickened. Serve over chicken

My cooking time.

Chicken Parmesan

4 to 6 servings

3 lbs. broiler-fryer chicken, cut up
1 egg, beaten
½ cup cornflake crumbs
½ cup grated Parmesan cheese
¼ teaspoon ground oregano
Dash ground thyme
Dash garlic salt
Dash pepper
1 can (10¾ oz.) golden cream of mushroom soup
½ cup milk
2 tablespoons snipped parsley

1. Dip chicken in egg. Roll in mixture of crumbs, cheese and spices Coat thoroughly
2. Arrange chicken in 10-inch ceramic skillet or 2-quart utility dish with larger pieces, such as thighs and breasts, at corners, skin-side-down. Place small pieces such as legs and wings at center
3. Cook, covered, at **High** for 10 minutes. Turn chicken pieces over halfway through cooking
4. Combine soup and milk. Pour over chicken. Cook, covered at **High** for 4 to 6 minutes, or until chicken is tender
5. Garnish with any remaining cheese mixture and parsley

My cooking time

Chicken and Dumplings

4 servings

1 chicken, 2½ to 3½ lbs. cut up
2 cups hot tap water
½ cup chopped onion
½ cup chopped celery
4 medium carrots, sliced
2 teaspoons salt
¼ teaspoon pepper
¼ cup cornstarch
½ cup cold water

1. In 3-quart casserole, place chicken, water onion, celery carrots, salt and pepper Cook, covered, at **Med High** for 15 minutes
2. In small bowl, stir together cornstarch and water Stir into chicken mixture, blending well
3. Cook, covered, at **Med High** for 14 to 17 minutes, until chicken is tender
4. Spoon Dumplings around edge of dish.
5. Cook covered, at **Med High** for 6 to 8 minutes, or until puffed and not doughy

Dumplings: In mixing bowl, stir together 1½ cups unsifted all-purpose flour, 1 tablespoon dried parsley flakes, 2 teaspoons baking powder and ½ teaspoon salt. Add ⅔ cup milk, 1 beaten egg and 2 tablespoons cooking oil. Stir with table fork only until flour is moistened

My cooking time

Fish & Seafood

Bouillabaise

4 to 6 servings

12 clams in shell
1 lb. crab in shell, cut into small chunks
1 lb. firm fleshed fish, cut into bite-size chunks
1 lb. jumbo shrimp in shell
2 cans (16 oz. each) stewed tomatoes
2 bottles (8 oz. each) clam juice
1 green pepper, cut into chunks
2 stalks celery, cut into chunks

1. Rinse all fish well
   Place into glass bowl
2. Add remaining ingredients plus water, if necessary to cover fish
3. Cook, covered, at **High** for 20 minutes, stirring every five minutes
   Serve with French bread

My cooking time

Seafood Newburg

4 servings

1 can (10¾ oz.) condensed cream of mushroom soup
1 pkg. (10 oz.) frozen peas, thawed
½ cup milk or light cream
1 lb. seafood, cooked and cut into bite-size pieces
1 jar (2½ oz.) sliced mushrooms, drained
2 to 3 tablespoons sherry

1. In 1½-quart casserole dish, combine soup, peas and milk
   Cook, covered, at **Medium** for 4 to 5 minutes, stirring once
2. Add remaining ingredients.
   Cook, covered, at **Medium** for 4 to 5 minutes, or until heated through, stirring once
3. Let stand, covered, 3 minutes before serving

My cooking time

Scrod with Grape Sauce

4 to 6 servings

2 tablespoons butter or margarine
1 tablespoon dried onion flakes
¾ cup chicken broth
Pepper to taste
1½ lbs. scrod or sole fillets
1 cup halved green grapes
3 tablespoons flour
¾ cup milk or half'n half
Parsley

1. In oblong baking dish, combine butter, onion, broth and pepper
   Cook at **High** for 2 to 2½ minutes.
2. Arrange fillets in single layer
   Cook, covered with wax paper, at **High** for 7 to 8 minutes, or until fish is done
3. Arrange fillets on serving platter, cover
4. Strain broth into small glass bowl. Stir in grapes and flour blended with milk
   Cook at **Med-High** for 5 to 6 minutes, or until sauce is thickened, stirring twice
5. Pour some sauce over fillets, sprinkle with parsley
   Serve remaining sauce with fillets

Variation: Add 2 tablespoons white wine when heating fish

My cooking time

Fillets in Lemon Butter

4 servings

1 lb. firm fish fillets such as sole or haddock
½ to 1 teaspoon salt
⅛ teaspoon pepper
½ cup (¼ lb.) butter
⅓ cup chopped fresh parsley
1 tablespoon lemon juice
½ cup buttery cracker crumbs
½ teaspoon paprika

1. In dish, arrange fillets with thickest, meaty areas to outside edges of dish.
2. Sprinkle with salt and pepper
3. In 1-quart casserole, place butter. Melt butter at **High** for 1 minute
4. Blend in parsley and lemon juice and pour over fish
   Top with crumbs, then sprinkle on paprika.
5. Cook at **High** for 8 to 10 minutes, or until fish flakes easily with a fork.

My cooking time

Poultry

Orange Chicken

4 servings

2½ to 3 lbs. frying chicken, cut in serving size pieces
1 cup orange juice
½ cup chili sauce
1 tablespoon brown sugar
1 tablespoon soy sauce
1 teaspoon prepared mustard
¼ teaspoon liquid garlic juice
2 tablespoons cornstarch

1 Place chicken in glass casserole. Combine remaining ingredients except cornstarch and pour over chicken
2 Cover with plastic wrap
Cook at **High** for 1 hour
3 Remove chicken from liquid
4 Combine cornstarch with enough liquid to make a paste
5. Mix into sauce and cook at **High** for 3 minutes, or until thickened.
Serve over chicken

My cooking time

Chicken Parmesan

4 to 6 servings

3 lbs. broiler-fryer chicken, cut up
1 egg, beaten
½ cup cornflake crumbs
½ cup grated Parmesan cheese
¼ teaspoon ground oregano
Dash ground thyme
Dash garlic salt
Dash pepper
1 can (10¾ oz., golden cream of mushroom soup
⅓ cup milk
2 tablespoons snipped parsley

1 Dip chicken in egg. Roll in mixture of crumbs, cheese and spices
Coat thoroughly
2 Arrange chicken in 10-inch ceramic skillet or 2-quart utility dish with larger pieces, such as thighs and breasts, at corners, skin-side-down. Place small pieces such as legs and wings at center
3. Cook, covered, at **High** for 10 minutes. Turn chicken pieces over halfway through cooking
4. Combine soup and milk. Pour over chicken. Cook covered, at **High** for 4 to 6 minutes or until chicken is tender
5. Garnish with any remaining cheese mixture and parsley

My cooking time

Chicken and Dumplings

4 servings

1 chicken, 2½ to 3½ lbs. cut up
2 cups hot tap water
½ cup chopped onion
½ cup chopped celery
4 medium carrots, sliced
2 teaspoons salt
½ teaspoon pepper
¼ cup cornstarch
½ cup cold water

1. In 3-quart casserole place chicken, water onion, celery carrots, salt and pepper
Cook, covered, at **Med High** for 15 minutes
2 In small bowl, stir together cornstarch and water
Stir into chicken mixture, blending well
3. Cook, covered, at **Med High** for 14 to 17 minutes, until chicken is tender
4 Spoon Dumplings around edge of dish
5 Cook covered, at **Med High** for 6 to 8 minutes, or until puffed and not doughy

Dumplings: In mixing bowl, stir together 1½ cups unsifted all-purpose flour, 1 tablespoon dried parsley flakes, 2 teaspoons baking powder and ½ teaspoon salt. Add ⅓ cup milk, 1 beaten egg and 2 tablespoons cooking oil. Stir with table fork only until flour is moistened.

My cooking time

Fish & Seafood

Bouillabaise

4 to 6 servings

12 clams in shell
1 lb. crab in shell, cut into small chunks
1 lb. firm fleshed fish, cut into bite-size chunks
1 lb. jumbo shrimp in shell
2 cans (16 oz. each) stewed tomatoes
2 bottles (8 oz. each) clam juice
1 green pepper, cut into chunks
2 stalks celery, cut into chunks

1. Rinse all fish well
   Place into glass bowl
2. Add remaining ingredients plus water, if necessary to cover fish
3. Cook, covered, at **High** for 20 minutes stirring every five minutes
   Serve with French bread

My cooking time

Seafood Newburg

4 servings

1 can (10¾ oz.) condensed cream of mushroom soup
1 pkg. (10 oz.) frozen peas, thawed
¼ cup milk or light cream
1 lb. seafood, cooked and cut into bite-size pieces
1 jar (2½ oz.) sliced mushrooms, drained
2 to 3 tablespoons sherry

1. In 1½-quart casserole dish, combine soup, peas and milk
   Cook, covered, at **Medium** for 4 to 5 minutes, stirring once
2. Add remaining ingredients
   Cook, covered, at **Medium** for 4 to 5 minutes, or until heated through, stirring once
3. Let stand, covered, 3 minutes before serving.

My cooking time

Scrod with Grape Sauce

4 to 6 servings

2 tablespoons butter or margarine
1 tablespoon dried onion flakes
¼ cup chicken broth
Pepper to taste
1½ lbs. scrod or sole fillets
1 cup halved green grapes
3 tablespoons flour
¼ cup milk or half'n half
Parsley

1. In oblong baking dish, combine butter, onion, broth and pepper
   Cook at **High** for 2 to 2½ minutes.
2. Arrange fillets in single layer
   Cook, covered with wax paper, at **High** for 7 to 8 minutes, or until fish is done
3. Arrange fillets on serving platter, cover
4. Strain broth into small glass bowl. Stir in grapes and flour blended with milk
   Cook at **MedHigh** for 5 to 6 minutes, or until sauce is thickened, stirring twice
5. Pour some sauce over fillets, sprinkle with parsley
   Serve remaining sauce with fillets

Variation: Add 2 tablespoons white wine (when heating fish

My cooking time

Fillets in Lemon Butter

4 servings

1 lb. firm fish fillets such as sole or haddock
½ to 1 teaspoon salt
⅛ teaspoon pepper
½ cup (¼ lb.) butter
½ cup chopped fresh parsley
1 tablespoon lemon juice
½ cup buttery cracker crumbs
½ teaspoon paprika

1. In dish, arrange fillets with thickest meaty areas to outside edges of dish
2. Sprinkle with salt and pepper
3. In -quart casserole, place butter. Melt butter at **High** for 1 minute
4. Blend in parsley and lemon juice and pour over fish.
   Top with crumbs, then sprinkle on paprika
5. Cook at **High** for 8 to 10 minutes, or until fish flakes easily with a fork

My cooking time

Eggs & Cheese

Basic Omelet

1 serving

1 tablespoon butter or margarine
2 eggs
2 tablespoons milk
⅛ teaspoon salt
Dash pepper

1. In glass pie plate, heat butter at **High** for 30 seconds or until melted, turn plate to coat bottom with butter
2. Meanwhile combine remaining ingredients, pour into pie plate
3. Cook, covered at **Med-High** for 4 to 5½ minutes, or until omelet is almost set, stirring after 2 minutes, let stand covered, 2 minutes
4. With spatula loosen edges of omelet from plate fold into thirds to serve

Variations
For Cheese Omelet before folding, sprinkle ¼ cup shredded cheese down center of omelet
For Ham Omelet before folding, sprinkle ¼ cup finely chopped cooked ham down center of omelet
For Herb Omelet, blend in ½ teaspoon basil thyme or crushed rosemary with eggs and milk
For Jelly Omelet, before folding, spoon ¼ cup jelly down center of omelet

My cooking time

Scrambled Eggs with Mushrooms

2 servings

3 slices bacon, cooked and crumbled
4 eggs
¼ cup light cream
2 tablespoons butter
1 can (4 oz.) sliced mushrooms, drained
Dash salt and pepper
Chopped parsley

1. Beat eggs and cream in glass casserole
2. Add butter mushrooms, salt pepper and crumbled bacon, stir to blend
3. Cook at **Med High** for 8 to 9 minutes, or until eggs are almost set, stirring twice
4. Allow to stand to complete cooking, Garnish with chopped parsley

My cooking time

Baked Eggs in Hash

2 servings

1 can (12 oz.) corned beef hash
2 eggs
¼ cup shredded Cheddar cheese
Seasoned salt and pepper

1. Divide corned beef hash between 2 custard cups.
   Make a hollow in center of hash with back of spoon
2. Break 1 egg into each hollow. Pierce yolks with toothpick.
3. Sprinkle each egg with cheese and seasonings
4. Cover tightly with plastic wrap. Cook at **Medium** for 7 to 9 minutes, or until hash is hot and egg white is nearly opaque
   Let stand 1 minute, covered before serving

My cooking time

Eggs Benedict

4 servings

¾ cup hollandaise sauce
2 English muffins, split and toasted
4 slices ham, ¼ to ½ inch thick
4 poached eggs

1. Prepare hollandaise sauce Cover with a piece of wax paper and set aside
2. Place each muffin half on a paper plate and top each with 1 slice ham
3. Cook 2 at a time, at **Med High** for 2 to 2½ minutes, or until ham is hot
4. Top each with a poached egg. Cover with hollandaise sauce and serve immediately

My cooking time.

Eggs & Cheese

Crustless Quiche Lorraine

4 servings

9 to 10 slices (½ lb.) bacon, cooked and crumbled
1 cup shredded Swiss cheese
¼ cup minced onion
4 eggs
1 cup evaporated milk
¾ teaspoon salt
¼ teaspoon sugar
⅛ teaspoon cayenne pepper

1. Sprinkle bacon, cheese and onion into 9-inch glass pie plate
2. Beat eggs, milk and seasonings in large mixing bowl with rotary beater until well blened. Pour over bacon mixture
3. Cook at **High** for 8 to 10 minutes, or until knife inserted near center comes out clean Let stand 2 minutes, before serving.

My cooking time

Swiss Cheese Fondue

6 servings

4 cups shredded Swiss cheese
¼ cup all-purpose flour
¼ teaspoon salt
¼ teaspoon nutmeg
Dash of pepper
2 cups dry white wine
2 tablespoons kirsch
1 loaf French bread, cut into cubes

1. In a 1½-quart dish or casserole, combine cheese, flour, salt, nutmeg and pepper Toss lightly to coat cheese with flour Stir in wine
2. Cook, covered, at **Med - High** for 8 minutes, stirring during last 2 minutes of cooking. Stir well after removing from oven to finish melting cheese. If cheese is not all melted return to oven for 1 minute
3. Stir in kirsch
4. Serve immediately with cubes of French bread. Spear each cube of bread on a fondue fork, dip into fondue and eat immediately

Note: If fondue cools during eating time return to oven for 1 minute to reheat

My cooking time

Welsh Rarebit

4 servings

1 lb. (4 cups) Cheddar cheese, shredded
3 tablespoons flour
½ cup beer
½ teaspoon Worcestershire sauce
¼ teaspoon dry mustard

In medium bowl, toss cheese with flour In 4-cup glass measure, heat beer at **High** for 1½ to 2 minutes, or until boiling.

2. Gradually add half of cheese, Worcestershire and mustard, stirring until smooth Cook at **Medium** for 2 to 3 minutes; stir once
3. Add remaining cheese
   Cook at **Medium** for 2½ to 3½ minutes, or until cheese is completely melted, stirring once
   Serve, traditionally over toast points.

My cooking time

Shrimp Fondue

4 servings

1 can (10¾ oz.) condensed cream of shrimp soup
1 cup shredded Swiss cheese
¼ cup white wine
½ teaspoon Worcestershire sauce
French bread, cut into 1-inch cubes or bread sticks

1. In 1-quart casserole dish, combine soup, cheese, wine and Worcestershire
2. Cook at **Med - High** for 8 to 9 minutes, or until cheese is melted, stirring every 3 minutes. Serve hot with French bread

My cooking time

Vegetables

Asparagus Royal

6 servings

½ small onion, chopped
½ cup chopped green pepper
2 tablespoons water
2 pkgs. (10 oz. each) frozen asparagus spears
1 tablespoon diced pimiento
1 tablespoon parsley flakes
Salt
Pepper

1. Combine onion, green pepper and water in 2-quart casserole. Cook, covered, at **High** for 1½ to 2½ minutes, or until onion and green pepper are tender.
2. Add remaining ingredients. Season with salt and pepper, as desired. Mix well.
3. Cook, covered with plastic wrap, at **High** for 6 to 8 minutes, or until asparagus is tender. Stir halfway through cooking time.

My cooking time

Cheesed Cauliflower

4 servings

1 medium head cauliflower, cooked
3 tablespoons olive oil
1 large onion, thinly sliced
¼ teaspoon salt
¼ cup fine dry bread crumbs
½ cup grated Cheddar cheese
Dash of pepper

1. Place olive oil in a 1-quart casserole. Add onion. Cook at **High** for about 6 minutes, or until onions are limp and tender. Stir once or twice during cooking.
2. Add salt, pepper and bread crumbs.
3. Place cauliflower in original casserole. Top with hot onion mixture. Sprinkle cheese over top.
4. Cook at **High** for 2½ to 3½ minutes, or until cheese is melted and cauliflower is piping hot.

My cooking time

Green Beans Almandine

4 servings

¼ cup slivered almonds
3 tablespoons butter or margarine
1¼ to 1½ lbs. fresh green beans, cut into 1½-inch pieces
¼ cup water
½ teaspoon salt
Dash ground nutmeg (optional)

1. Place almonds and butter in glass measure. Cook at **High** for 3 to 3½ minutes, or until almonds are lightly browned, reserve.
2. Combine beans and water in 2-quart casserole dish. Cook, covered, at **High** for 9 to 11 minutes, or until beans are tender, stirring once.
3. Add remaining ingredients, almonds and butter; let stand, covered, 3 minutes before serving.

My cooking time

Mashed Potatoes

6 servings

6 medium potatoes (about 2 lbs.), peeled and quartered
½ to ¾ cup milk
¼ cup butter or margarine
Salt and pepper to taste

1. Rinse potatoes; drain. In medium glass bowl, cook potatoes, covered, at **High** for 11 to 12 minutes, or until potatoes are tender, stir once.
2. Let stand, covered, 5 minutes; drain.
3. Meanwhile, combine remaining ingredients in small glass bowl; cook at **Med-High** for 3 to 3½ minutes, or until hot.
4. Add to potatoes and mash until smooth.

My cooking time

Vegetables

Sautéed Mushrooms

2 to 4 servings

½ lb. fresh mushrooms
1 clove garlic, minced
⅓ cup butter or margarine

1 Clean mushrooms and slice. Put in an 8-inch round dish or a skillet. Add garlic and butter.
2 Cook, covered, at **High** for 6 to 7 minutes.
3. Serve with roast beef or steak, or on crisp toast as a main dish.

My cooking time

Harvard Beets

4 servings

1 medium bunch beets (about 1 lb.)
1 cup warm tap water
1 tablespoon cornstarch
1 tablespoon sugar
¼ teaspoon salt
Dash pepper
⅔ cup water
⅓ cup vinegar

1 Wash and remove tops from beets. Place beets and warm water in 1½-quart casserole.
2. Cover and cook at **High** for 10 to 11 minutes, or until fork tender.
3 Remove beets from oven and place in cool water. Peel and slice or cube as desired.
4 In same 1½-quart casserole, stir together cornstarch, sugar, salt, pepper, water and vinegar. Cook at **High** for 3 to 4 minutes, or until thickened, stirring after 2 minutes.
5. Add beets and cook at **High** for 5 to 7 minutes, until hot, or, if desired, serve cold.

My cooking time

Stuffed Eggplant

4 servings

2 medium eggplants
2 medium onions, chopped
1 lb. ground lamb
1 beef bouillon cube
1 can (8 oz.) tomato sauce
½ teaspoon oregano
2 tablespoons chopped parsley
½ teaspoon salt
¼ teaspoon pepper
½ cup dry bread crumbs

1 Wash eggplant and cut in half lengthwise. Scoop out insides, leaving a shell 1 inch thick. Chop eggplant pulp in medium chunks. Set aside.
2 Put onion in a 1½-quart casserole. Crumble in lamb. Cook, covered, at **High** for about 6 minutes, or just until lamb loses its pink color. Drain off fat.
3. Dissolve bouillon cube in ½ cup hot water. Stir into cooked lamb with 3 tablespoons tomato sauce and the chopped eggplant pulp.
4. Cook, covered, at **High** for 6 to 7 minutes, stirring occasionally.
5 Remove from oven, stir in oregano, parsley, salt and pepper. Fill eggplant halves with mixture. Sprinkle bread crumbs over top. Streak remaining tomato sauce over top of crumbs.
6. Place eggplant halves in a glass baking dish. Cook, covered, at **High** for about 16 to 18 minutes, or just until eggplant is tender.

My cooking time

Herb Baked Tomatoes

4 servings

3 tablespoons seasoned dry bread crumbs
2 tablespoons butter or margarine, melted
2 tablespoons grated Parmesan cheese
½ teaspoon oregano or basil
2 medium tomatoes, cut in half

1 Combine bread crumbs, butter, cheese and oregano.
2 In baking dish, arrange tomato halves, top with bread crumb mixture.
3. Cook, covered with plastic wrap, at **High** for 2 to 3 minutes, or until tomatoes are tender.
4. Let stand 2 minutes before serving.

My cooking time

Sauces

Basic White Sauce

1 cup

2 tablespoons butter or margarine, melted
2 tablespoons flour
¼ teaspoon salt (optional)
1 cup milk

1 Combine melted butter, flour and salt in 1½-quart bowl
2 Gradually add milk, stir until smooth
3. Cook at **Medium** for 5 to 6 minutes, or until sauce is thickened. Stir occasionally

Variations:
For Cheese Sauce, stir in ½ to ¾ cup shredded cheese. Cook at **High** for 1 minute, if necessary, to completely melt cheese.
For Curry Sauce, stir in 1 to 2 teaspoons curry powder.
For Horseradish Sauce, add 1 tablespoon prepared horseradish.
For Mustard Sauce, add 2 tablespoons prepared mustard and dash Worcestershire sauce.

My cooking time

Hot Fudge Sauce

1 cup

½ cup sugar
3 tablespoons cocoa
1½ tablespoons cornstarch
Dash salt
½ cup water, room temperature
2 tablespoons butter or margarine
1 teaspoon vanilla

1 Mix together dry ingredients in 1-quart casserole or 2-cup glass measure. Stir in water.
2 Cook at **High** for about 2½ minutes. Stir halfway through cooking. Blend in butter.
3 Cook at **High** for ½ minute, or until butter is melted; stir once.
4 Blend in vanilla. Stir thoroughly.

My cooking time

Vanilla Sauce

1½ cups

1 cup milk
½ cup sugar
1½ tablespoons cornstarch
1 tablespoon butter or margarine
1 teaspoon vanilla extract

1 In medium glass bowl, cook ¾ cup milk and sugar at **Medium** for 4 to 5 minutes or until sugar is dissolved, stirring once.
2. Stir in cornstarch blended with remaining milk and cook at **Medium** for 2 to 3 minutes, or until sauce is thickened, stir once.
3 Stir in butter and vanilla; chill.
4 Serve, as desired. In place of whipped cream—delicious on fresh berries.

My cooking time

Lemon Sauce

1 cup

1 cup water, divided
½ cup sugar
1 tablespoon cornstarch
1 tablespoon lemon juice
1 tablespoon butter or margarine

1 Combine ¾ cup water and sugar in medium glass bowl.
2 Cook at **High** for 1½ to 2 minutes, or until sugar is dissolved; stir once. Stir in cornstarch blended with remaining ¼ cup water and lemon juice.
3 Cook at **High** for 2½ to 3 minutes, or until sauce is thickened; stir once.
4 Stir in butter; cool slightly before serving.

My cooking time

Pastas & Cereals

Macaroni Quickie

4 servings

½ lb. ground beef
1 cup uncooked elbow macaroni
1 medium onion, chopped
1 can (8 oz.) tomato sauce
½ cup catsup
Pinch of sugar
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon chili powder

1. Combine all ingredients with 1½ cups water in a 2 to 2½-quart casserole. Blend well.
2. Cook, covered, lightly at **High** for 20 to 22 minutes, or until macaroni is tender. Stir occasionally during cooking.
3. Let stand 4 to 5 minutes before serving to blend flavors.

My cooking time

All-At-Once Spaghetti

6 servings

1 tablespoon butter or margarine
1 cup chopped onion
1 lb. ground beef
1 teaspoon salt
¼ teaspoon pepper
2 cans (8 oz. each) tomato sauce
1½ cups water
½ teaspoon ground oregano
½ teaspoon basil
½ lb. uncooked spaghetti
Grated Parmesan cheese

1. Place butter and onion in 2-quart casserole. Cook at **High** for about 3 to 4 minutes, or until onion is tender.
2. Add beef and cook at **High** for 3 to 4 minutes, or until beef is no longer pink, stir once. Drain.
3. Add salt, pepper, tomato sauce, water, oregano and basil. Cook, covered, at **High** for 4 minutes.
4. Break spaghetti in half and stir into sauce. Cook, covered, at **High** for 17 to 19 minutes, or until spaghetti is tender, stir twice. Sprinkle with Parmesan cheese, as desired.

My cooking time

Spanish Rice

6 servings

½ cup chopped onion
¼ cup finely chopped green pepper
2 tablespoons butter or margarine
Water
1 can (16 oz.) stewed tomatoes, chopped and drained (reserve liquid)
1 cup long grain rice
1½ teaspoons salt
¼ teaspoon pepper

1. In 2-quart casserole dish, cook onion, green pepper and butter at **High** for 2 to 3 minutes, stirring once.
2. Add enough water to reserved liquid to equal 2 cups. Add to dish with tomatoes, rice, salt and pepper.
3. Cook, covered, at **Medium** for 19 to 20 minutes, or until rice is tender, stirring once.
4. Let stand, covered, 5 minutes before serving.

My cooking time

Parmesan Noodles

about 4 side-dish servings

1 pkg. (8 oz.) medium egg noodles
1½ quarts hot water
1 cup grated Parmesan cheese
½ cup butter or margarine, cut into quarters
½ cup whipping or heavy cream
Pepper to taste

1. In 3-quart casserole dish, cover and heat hot water at **High** for 7 to 8 minutes, or until boiling.
2. Add noodles and cook at **High** for 6 to 7 minutes, stirring once. Let stand, covered, 3 minutes, then drain and place in glass serving bowl.
3. Meanwhile, cook cheese, butter and cream at **High** for 2 to 3 minutes, or until butter is melted, stirring twice.
4. Stir in drained noodles; toss well. Season with pepper.

My cooking time

Sandwiches

Cheeseburgers

4 servings

1 lb. ground beef
Salt and pepper
4 hamburger buns, toasted
4 slices process American cheese

Season ground beef to taste with salt and pepper. Shape into 4 patties. Place in a baking dish.

2. Cook, covered with wax paper, at **High** for 3 minutes.
3. Turn patties over. Cook, covered, at **High** for 3 minutes, or to the desired degree of doneness.
4. Place 1 patty on each hamburger bun. Top with a slice of cheese. Place each bun on a small paper plate. Cook 1 or 2 at a time at **High** for 1 minute, or until cheese melts.

My cooking time

Texas Tasters

2 servings

8 slices bacon
4 frankfurters
1 slice American cheese, cut into thin strips
4 frankfurter rolls

1. In baking dish, cook bacon between layers of paper towel at **High** for 3 to 4 minutes, or until partially cooked.
2. Meanwhile, make lengthwise slit in each frankfurter, leaving ½-inch uncut on each end; make an "X" cut in each end.
3. Stuff slit with cheese; wrap 2 slices of bacon around each frankfurter and secure with wooden toothpicks.
4. Discard paper towels from baking dish and arrange frankfurters in dish. Cook at **High** for 3 to 4 minutes, or until heated through. Remove toothpicks and serve in split rolls.

Note **For One Serving,** follow above procedure; halve all ingredients. Cook bacon at **High** for 1 to 1½ minutes and frankfurters 1½ to 2 minutes.

My cooking time

Egg Salad Sandwiches

4 to 5 servings

4 hard-cooked eggs, chopped
2 tablespoons chopped pimento-stuffed olives
3 tablespoons mayonnaise
2 teaspoons prepared mustard
¼ teaspoon salt
Dash pepper
2 to 3 split and toasted English muffins *
Paprika

Blend together eggs, olives, mayonnaise and mustard. Season with salt and pepper as desired.

2. Spread ¼ cup mixture on each muffin half. Sprinkle with paprika, as desired. Place 4 halves on plastic rack or paper towels. Cook at **High** for 1 to 1½ minutes, or until heated through.

* **Substitution:** Use 4 to 5 hamburger buns.

My cooking time

Sardine Buns

6 servings

½ lb. process American cheese, cubed
5 hard-cooked eggs, chopped
½ cup drained mashed sardines
1 tablespoon minced green pepper
2 tablespoons minced onion
3 tablespoons chopped stuffed olives
2 tablespoons pickle relish, drained
½ cup mayonnaise
6 hamburger buns, split and buttered

1. Combine all ingredients except buns. Fill each bun with cheese mixture.
2. Wrap each sandwich in wax paper and twist ends of paper. Cook, one at a time, at **High** for 1½ to 2 minutes, or until rolls are hot.

Note These may be prepared in advance and refrigerated in their wax paper wrapping. Cook before serving.

My cooking time

Beverages

Café au Lait

4 servings

4 teaspoons instant coffee
2 cups milk
Sugar (optional)

1 Place coffee and 1 cup water in a 4-cup measuring cup. Stir in milk. Heat at **High** for 5½ to 6 minutes.
2 Sweeten to taste, if desired.

My cooking time

French Chocolate

4 servings

3 tablespoons chocolate syrup
2 tablespoons light corn syrup
1½ tablespoons water
¼ teaspoon vanilla
½ cup chilled whipping cream
2 cups milk

1 Combine syrups, water and vanilla. Heat at **High** for 30 seconds, or until heated through.
2 In chilled bowl, beat cream until stiff. Fold in cooled chocolate mixture gradually, until evenly blended and mixture forms mounds when dropped from spoon.
3 Place milk in 1-quart glass measure. Heat at **High** for 1½ to 2 minutes, or until warmed. Do not boil. Fill serving cups half-full of cream mixture. Finish filling cups with warm milk. Stir before serving.

My cooking time

Mulled Wine

8 to 10 servings

1 cup sugar
2 pieces (1 inch each) stick cinnamon
1 lemon, sliced
24 whole cloves
4 cups orange juice
1 quart Burgundy wine

1 Combine sugar, cinnamon, lemon and cloves with ½ cup water in a 3-quart casserole. Heat at **High** for 4 minutes.
2 Add orange juice and Burgundy. Heat at **High** for 6 minutes.
3 Garnish with lemon or pineapple slices, if desired.

My cooking time

Hot Rum Lemonade

1 serving

¾ cup water
½ cup lemon juice
1 jigger rum
1 teaspoon honey

1 Combine all ingredients in 2-cup glass measure, or in ceramic or glass mug.
2 Heat at **High** for 1½ to 2 minutes, or until warmed. Do not boil.

My cooking time

Spicy Apple Nog

5 to 6 servings

2 eggs, separated
¼ cup sugar
½ teaspoon salt
½ teaspoon ground cinnamon
Dash of ground nutmeg
¾ cup apple juice
3 cups milk
½ cup heavy cream, whipped

1 Place egg yolks in a 2-quart casserole. Beat lightly with a fork.
2 Stir in sugar, salt, cinnamon, nutmeg and apple juice until well blended. Stir in milk. Cook at **High** for 7 to 8 minutes.
3 Meantime, beat egg whites in a 2-quart mixing bowl.
4 Remove milk mixture from oven and pour quickly over egg whites, stirring rapidly.
5 Top each serving with a mound of whipped cream.

My cooking time

Desserts

Chocolate Chip Bars

about 24 bars

½ cup (¼ lb.) butter, softened
¾ cup packed brown sugar
1 egg
1 tablespoon milk
1 teaspoon vanilla extract
1¼ cups unsifted all-purpose flour
½ teaspoon baking powder
⅛ teaspoon salt
1 cup (6 oz.) semisweet chocolate pieces, divided
½ cup chopped nuts (optional)

1. In small mixing bowl, cream together butter and sugar until fluffy. Add eggs, milk, vanilla and salt. Mix well.
2. Stir together flour, baking powder and salt. Add to creamed mixture. Blend well.
3. Stir in ½ cup chocolate pieces and nuts.
4. Spread in greased dish. Sprinkle with remaining ½ cup chocolate pieces.
5. Cook at **High** for 5 to 6 minutes, until done. Cool and cut into bars.

My cooking time:

Fruit Compote

4 to 6 servings

1 can (8 oz.) sliced peaches, drained, reserving 2 tablespoons syrup
1 can (8 oz.) apricot halves, drained, reserving 2 tablespoons syrup
¼ teaspoon each ground cloves, cinnamon and allspice
1 cup orange juice
2 medium apples, peeled, cored and chunked

1. Stir together reserved syrups and spices in glass casserole dish.
2. Stir in orange juice and fruits. Cover, cook at **High** for 4 minutes, stirring once.
3. Serve warm or chilled as side dish.

My cooking time:

Apple Jam

1 to 1½ cups

2 medium apples, cored and peeled
1½ cups sugar
1 teaspoon lemon juice

1. Combine apples and sugar in medium bowl.
   Cook at **High** for 3 to 5 minutes, or until apples are tender.
2. Beat softened apple mixture with electric mixer until well blended.
3. Cook at **High** for 6 to 7 minutes, or until mixture is slightly thickened, stirring once during cooking.
4. Stir in lemon juice.
   Pour into prepared jars, seal and refrigerate.

My cooking time:

Frozen Lemon Dessert

9 to 12 servings

3 eggs, separated
½ cup sugar
Dash salt
¼ cup fresh lemon juice
½ teaspoon grated lemon peel
1 cup whipped cream
¾ to 1 cup vanilla wafer crumbs

1. Set egg whites aside. Combine egg yolks, sugar and salt in 1-quart casserole. Blend well.
2. Stir in lemon juice and lemon peel.
3. Cook at **High** for 1½ to 2½ minutes, or until mixture is thickened and coats spoon.
   Stir mixture once or twice during cooking. Chill.
4. Beat egg whites until stiff. Fold in whipped cream and then lemon mixture.
5. Sprinkle half of crumbs in dish. Pour in lemon mixture.
   Sprinkle remaining crumbs over top. Freeze until firm.

My cooking time:

Desserts

Yellow Cake

4 to 6 servings

¼ cup sugar
⅓ cup butter or margarine
1 egg
⅓ cup milk
1 teaspoon vanilla extract
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt

1. In large bowl, with electric mixer, cream sugar and butter. Add egg; beat well. Stir in remaining ingredients. Beat 1 minute at medium speed.
2. Grease an 8 or 9-inch round baking dish. Pour batter into dish; cover with wax paper.
3. Cook at **Med - High** for 8 to 10 minutes, or until toothpick inserted near center comes out clean.
4. Let stand, uncovered, 15 minutes. Invert on serving dish. Store covered.

My cooking time:

Vanilla Cream Pudding

4 servings

2 cups milk
¼ cup cornstarch
⅓ cup sugar
½ teaspoon salt
2 [redacted] slightly beaten
2 tablespoons butter or margarine
1 teaspoon vanilla

1. Place milk in 2-cup glass measure. Heat at **High** for 2 to 2½ minutes, or until heated through.
2. Blend together cornstarch, sugar and salt in 1½-quart casserole. Gradually stir milk into cornstarch mixture with wire whip. Cook at **High** for 3 minutes, or until thickened and glossy; stir once.
3. Beat half of hot mixture into eggs. Return to hot mixture. Cook at **High** for 1 to 2 minutes, or until mixture begins to boil.
4. Mix well with wire whip, stirring in butter and vanilla. Pour into 4, 6 oz. custard cups or dessert dishes.

My cooking time:

Munching Peanut Brittle

about 1 lb.

1 cup sugar
½ cup white corn syrup
1 cup roasted, salted peanuts
1 teaspoon butter
1 teaspoon vanilla extract
1 teaspoon baking soda

1. Stir together sugar and syrup in 1½-quart casserole. Cook at **High** for 4 minutes. Stir in peanuts. Cook at **High** for 3 to 4 minutes, or until light brown.
2. Add butter and vanilla to syrup, blending well. Cook at **High** for 1 to 2 minutes more. Peanuts will be lightly browned and syrup very hot.
3. Add baking soda and gently stir until light and foamy.
4. Pour mixture onto lightly greased cookie sheet, or unbuttered non-stick coated cookie sheet. Let cool ½ to 1 hour. When cool, break into small pieces and store in airtight container.

Note: If raw peanuts are used add, before microwaving, to the sugar-syrup mixture, along with ¼ teaspoon salt.

My cooking time:

Butterscotch Bananas

4 servings

½ cup packed brown sugar
¼ cup rum
¼ cup butter
2 large ripe, firm bananas

1. Stir together brown sugar and rum in 1½-quart casserole. Add butter. Cover and cook at **High** for 4 to 5 minutes, or until sugar is dissolved, stirring after 2 minutes.
2. Cut bananas lengthwise, then crosswise so there are 8 pieces. Add to syrup, stirring to coat each piece.
3. Cook at **High** for 1 to 2 minutes, or until hot. Serve over ice cream.

My cooking time:

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